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Women's Initiative Newsletter Vol. 3, No. 4 (April 2019)

Women's Initiative Staff

Women's Initiative

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Repository Citation

Staff, Women's Initiative, "Women's Initiative Newsletter Vol. 3, No. 4 (April 2019)" (2019). *Maine Women's Publications - All*. 370.

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Women's Initiative



WOMEN'S INITIATIVE

We Stand Strong;
Backs Together,
Facing Outward,
Leaning On,
Depending On
One Another.
Seeing all
Obstacles
before us.
WE CAN do
Anything,
Tap My Strengths
I'll Tap Yours



April 2019
Newsletter
Newsletter Date:
4/1/2019-4/30/2019

Schedule:
Mon-Fri
11:00am-4:30pm
Location:
304 Main Street
Waterville
207-692-0290

Thoughts:



This month's "Wellness Talk"

Monday, April 29th 1-2pm

Dianne will be doing a talk on "Heart Health and Easing into exercise." If you have suggestions for an up and coming Wellness Talk., feel free to call, email, or what's best is a great visit with you here at Women's Initiative.

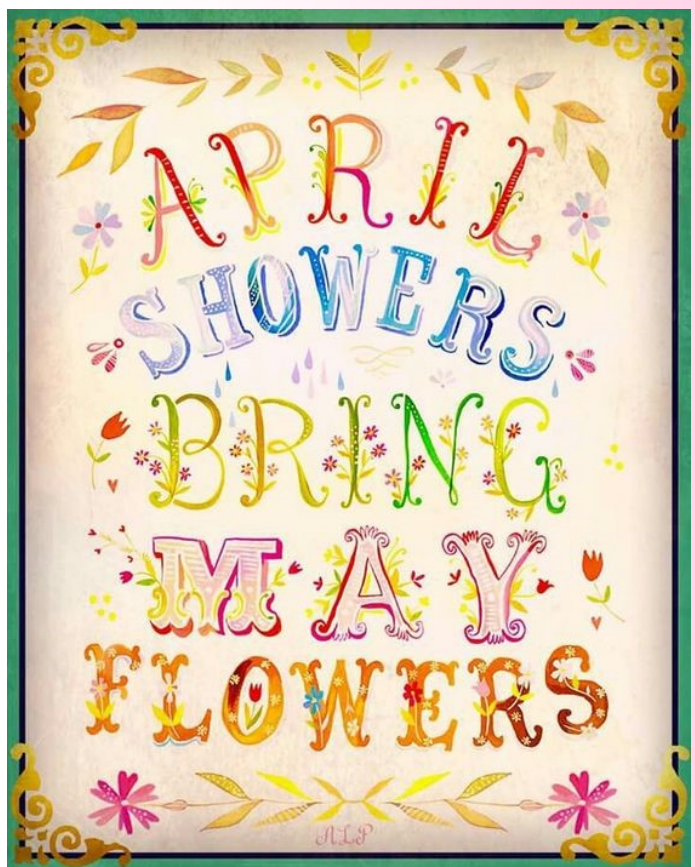
Monday, April 29th 2pm-3pm— Women's Initiative Business Meeting-Please come join us discussing the past , present, and future of Women's Initiative.

Up and coming!

Monday, April 8th—Coloring Day 1-3pm—Bring a page you love or choose one from our amazing stock. Let your worries go and create an amazing work of art.

Friday April 12th Jewelry Making From 1:00pm-3:00pm— You'll be able to take home something beautiful that you made and help out Women's Initiative at the same time.

Thursday April 18th—Upper body/neck massage 12pm to 4pm. By appointment or walk-in. Donations go toward Women's Initiative funds.



Busy Hands Finished Crafts



Many busy hands at Women's Initiative, from knitting, crocheting, toothbrush rugs, latch hook, quilting, looms, rugs etc. Please come help create more amazing products for Women's Initiative!!!

April Treat

Ambrosia

1/2 cup heavy cream
1 tablespoon sugar
4 ounces sour cream
6 ounces homemade mini marshmallows, approximately 3 cups
1 cup clementine orange segments, approximately 6 clementines
1 cup chopped fresh pineapple
1 cup freshly grated coconut
1 cup toasted, chopped pecans
1/2 cup drained maraschino cherries

Place the cream and sugar into the bowl of a stand mixer with the whisk attachment and whip until stiff peaks are formed. Add the sour cream and whisk to combine. Add the marshmallows, orange, pineapple, coconut, pecans and cherries and stir to combine. Transfer to a glass serving bowl, cover and place in the refrigerator for 2 hours before serving.

Women's Initiative
304 Main Street
Waterville, Maine 04330

**WOMEN'S
INITIATIVE**

**Together We Are
Women's Initiative**

a REM
Project



**REM – Revitalizing
the Energy in ME**

PLEASE
PLACE
STAMP
HERE